



Advanced Diploma of Yoga Teaching – Lecture Timetable February 2024 Group – 350 hours - Thursday

Lectures held face-to-face in the studio. Zoom by request only.

Wear comfortable clothing as we sit on the floor. Bring your own equipment if you like, otherwise all equipment is available in the studio.

Induction: Thur 8th Feb 2024 10:30am-12:30pm (Zoom only)

Date Thurs	Lecture 10am-2:30pm	Teacher	Notes to read?	Assessment? Due Date
15/2	PHYSIOLOGY Nervous & Endocrine Systems	Mel	Y	N
22/2	TEACHING SKILLS Intro to Surya Namaskar	Nickie	Y	N
29/2	TEACHING SKILLS Class Plan: Back Bending	Wendy	Y	Y 17 March 24
7/3	SPECIALIST SKILLS Youth Yoga	Beata	Y	N
14/3	SPECIALIST SKILLS Prenatal Yoga	Mel	Y	Y 14 April 24
21/3	ANATOMY Muscles Lower Limbs	Jenni	Y – slides	N
28/3	ANATOMY Muscles Middle Body	Jenni	Y – slides	N
4/4	DAY OFF – EASTER BREAK			
11/4	MEDITATION Savasana	Wendy	Y	N
18/4	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	Wendy	Y	Y 5 May 24
25/4	DAY OFF - ANZAC DAY			
2/5	MEDITATION Meditation	Wendy	Y	Y (after Mindfulness lecture) 16 June 24
9/5	PRANAYAMA Essentials Pranayama	Jenni	Y – same slides for both pranayama lectures	N
16/5	PRANAYAMA Techniques of Pranayama	Jenni	Y – as above	Y 26 May 24
23/5	MEDITATION Mindfulness Meditation	Beata	Y	Y 16 June 24



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30/5	TEACHING SKILLS Teaching Skills Practice	Jenni	N – you will be assigned poses to teach the class	Y
6/6	PHYSIOLOGY Cardiovascular System & High Blood Pressure	Mel	Y	N
13/6	TEACHING SKILLS Class Plan: Inversions	Jenni	Y	Y 30 June 24
20/6	TEACHING SKILLS PRAC LAB: Inversions (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
27/6	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #1	Nickie	Y	N
4/7	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #2	Nickie	Y – same set of notes for both lectures	N
11/7	DAY OFF – MID YEAR BREAK			
18/7	TEACHING SKILLS Teaching Skills Practice	Mel	N – you will be assigned poses to teach the class	Y
18/7	FINAL DAY JULY 2023 INTAKE			
July 23 Group	ASSESSMENT DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			21 July 24
July 23 Group	ASSESSMENT DUE Class Observations x 20			21 July 24
July 23 Group	ASSESSMENT DUE ALL outstanding assignments handed in (or not marked)			21 July 24
July 23 Group	ATTENDANCE REQUIRED Must have attended the Ethics lecture during the year or in 2023			21 July 24
July 23 Group	Graduation			Fri 2 Aug 24 6:30pm-8:30pm



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NEW JULY 24 GROUP START				
25/7	TEACHING SKILLS Class Plan: Forward Bending	Mel	Y	Y 18 Aug 24
1/8	TEACHING SKILLS PRAC LAB: Arm Balancing (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
8/8	TEACHING SKILLS Adjustments #1	Jenni	Y – same slides for both adjusting lectures	N
15/8	ANATOMY Spine, Joints & Back Injuries	Martina	Y	N
22/8	PHYSIOLOGY Digestive and Immune Systems	Mel	Y	N
29/8	ANATOMY Bandhas	Jenni	Y	N
5/9	TEACHING SKILLS PRAC LAB: Twisting Postures & Lateral Flexion	Wendy	N – practical lecture	N
12/9	ANATOMY Muscles Upper Limbs	Jenni	Y – slides	N
19/9	DAY OFF – SEPT HOLIDAYS			
26/9	PHILOSOPHY Yoga Sutras of Patanjali	Jaymala	Y	N
3/10	TEACHING SKILLS Adjustments #2	Jenni	Y – same slides for both adjusting lectures	N
10/10	TEACHING SKILLS PRAC LAB: Cuing & Language	Mel	N – practical lecture	N
17/10	TEACHING SKILLS PRAC LAB: Forward & Backbending Poses	Wendy	N – practical lecture	N
24/10	SPECIALIST SKILLS Yin Yoga	Beata	Y	Y 10 Nov 24
31/10	PHILOSOPHY Yoga History	Jaymala	Y	N
7/11	SPECIALIST SKILLS Trauma Informed Yoga	Beata	Y	N
14/11	PHILOSOPHY Sanskrit and Chanting	Jaymala	Y	N



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21/11	PHILOSOPHY Bhagavad Gita and the Upanishads	Jaymala	Y	N
28/11	TEACHING SKILLS Teaching Skills Practice	Mel	N – you will be assigned poses to teach the class	Y
5/12	TEACHING SKILLS PRAC LAB: Standing and Balancing Postures	Wendy	Y	N
12/12	BUSINESS Yoga Business	Mel	Y	N
Feb 24 Group	ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			8 Dec 24
Feb 24 Group	ATTENDANCE REQUIRED Must have attended the Ethics lecture during the year			8 Dec 24
Feb 24 Group	ASSESSMENTS DUE Class Observations x 20			12 Jan 25
Feb 24 Group	ASSESSMENTS DUE ALL outstanding assignments handed in (or not marked)			12 Jan 25
Feb 24 Group	Graduation			Sat 1 Feb 10am-12pm

Lecturer Contact List

Beata Heymann, 0466 918 428, beataheymann@gmail.com

Jaymala Sharma, 0450 591 196, jaymalasharma24@gmail.com

Jenni Morrison-Jack, 0424 827 454, ihanayoga@gmail.com

Martina Egan-Moog, 0459 560 753. martina.egan.moog@gmail.com

Melanie Mackintosh, 0413 298 132, melanie@australianyogaacademy.com



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Nickie Hanley, 0401 327 727, nickiehanley@hotmail.com

Wendy Praud, 0404 918 511, wendy@australianyogaacademy.com